



MIECHV Mental Health Consultation Orientation

Thursday, March 7, 2019
Via Zoom

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Purpose of our day:

Mental Health Consultation written into MIECHV RFA for FY19

Coordinate MHC & MIECHV services

Hear from the experts... this means YOU!

To understand Mental Health Consultation, in home Family Support Programming and all they entail

To ask questions, share ideas and continue to build the collaborative system

What to expect:

- Welcome & Introductions
- Ice Breaker - Questions to consider will be provided in advance of Orientation day
- Early Childhood Mental Health Consultation - what you know, what would be good to know.
- Early Childhood Trauma Informed Care
- The role of the Family Support Professional, the home visits, the assessments
- What support do you need in this MIECHV related work?
- Reflective Learning Communities
- Welcome our Family Support site contacts
- Question & Answer
- Closing

Ice Breaker

Tell us your name...

Tell us about your experience in this work...

What model have you utilized in your mental health consultation work...

How familiar are you with in home family support programming? On a 0-10 scale, 0 being the least, 10 being the most.

What more do you need in your work...

Infant Early Childhood Mental Health

Rhonda

Break



Infant/Early Childhood Mental Health Consultation

IECMHC is a multi-level preventive intervention that teams mental health professionals with people who work with young children and their families to improve children's social, emotional, and behavioral health and development.

Center of Excellence Infographic on IECMHC

Linda will share her screen for IECMHC infographic



Benefits of IECMHC

IECHMC is an approach that is backed by evidence for:

- Improving children's social skills
- Reducing child distress
- Preventing preschool suspension and expulsion
- Improving child-adult relationships
- Reducing provider stress, burnout, and turnover



Why Focus on Relational and Behavioral Health?

8



Secure and Nurturing
Relationships
+
Environment
=
Healthy Brain Development

Which Risk Factors are Families Facing that Can Compromise Healthy Relationships and Safe Environments?

10

Select all that apply for your program.

- Historical Trauma
- Toxic Stress
- Domestic Abuse
- Substance Abuse
- Adult Mental Health Concerns
- Financial Stress
- Chronic Health issues

Home Visiting Gap

11

Home Visitors need **tools and supports** to better meet the complex mental health needs of families



What Does a Mental Health Consultant Do?

12

Helps home visitors focus on how to help the family thrive.



Common IECMHC Activities to Support Home Visiting

13



Mental Health Consultant Skill and Education¹

14

Masters degree in social work, psychology, or related field (preferably licensed)

Have at least 2-3 years experience working as a mental health professional

Mental Health Consultant

Possess attributes and skills critical to this work such as a consultative stance, cultural sensitivity, and empathy

Have specialized knowledge and deep understanding of social, emotional, and relational health



Potential Outcomes²

16

1

Increase capacity of home visitors to recognize, address, and link families to mental health supports.

2

Reduction in home visitor stress and rates of turnover.

3

Improved social and emotional health of children and adult caregivers.

4

Improved family engagement.

What IECMHC Is and Is Not

What IECMHC is

- Indirect service that benefits young children
- Promotion-based
- Prevention-based
- Provided by a master's prepared mental health professional
- Builds the capacity of families and professionals
- Supports and sustains healthy social and emotional development of young children
- Delivered in a variety of child-serving systems (ECE, HV, etc.)
- Delivered in a natural or community setting

What IECMHC is not

- Direct service and/or therapy
- Focused solely on families
- Always provided in a center-based setting
- Group therapy
- Psychological treatment for staff, families, or children
- Training and Technical Assistance (TTA)

The workforce

Consultant Knowledge:

- Child development
- Typical and atypical behavior including:
 - Attachment
 - Separation
- Medical and genetics information
- Cultural understanding
- Treatment alternatives
- Family systems
- Early childhood systems
- Adult learning principles

Skills and Experience:

- Ability to work in group settings-
- Observation, listening, interviewing and assessment
- Sensitive to community attitudes and strengths
- Cultural competence
- Respect for diverse perspectives
- Ability to communicate
- Familiar with interventions and treatments

WHAT IS THE CONSULTATIVE STANCE?

- "way of being" in relationship-based work
- assumes that the ways in which people are treated influence their views of themselves, and in turn, their relationships with others
- relationship-based work that has been adapted to principles of infant mental health that address infant development
- intervention in the context of relationships

TO BE EFFECTIVE THE CONSULTANT MUST RECEIVE SUPPORT TO KEEP THESE CONCEPTS PRESENT:

- Emphasis on self-awareness
- The belief in the power of relationships
- Respect
- Flexibility
- Tolerance for ambiguity
- A commitment to understanding everyone's perspective.

THE CENTRALITY OF RELATIONSHIPS

- Relationships are what we rely on for learning
- Relationships must be collaborative and non-hierarchical
- **IT IS ALL ABOUT RELATIONSHIPS:** Infants learn through relationships
 - Information from **G**hosts from the Nursery

GEORGETOWN'S WHAT WORKS IDENTIFIES:

- **Key Skills of Consultants**— relationship building, communication, able to motivate parents/providers to try new strategies
- **Key Attributes of Consultants:** — respectful, trustworthy, open-minded/non-judgmental, reflective, approachable, good listener, compassionate, team player, flexible, and patient

PARALLEL PROCESS AS AN ORGANIZING PRINCIPLE

- All relationships influence each other
- A positive relationship between the consultant and the home visitor, or the pre-school educator, or the child care worker will influence how they are with the families they serve
- That relationship will influence how the families interact with their children
- Reflective practice is essential to all aspects of our work, and supports the parallel process

AVOIDING THE POSITION OF THE EXPERT

- Everyone in the relationship is an expert. It could be the child care provider, the parent or the consultant. We all have our knowledge
- It is our role to listen and carefully walk through the issues that are coming out in the conversation, asking questions to clarify
- If we tell someone what would be best to do it becomes our idea and not theirs
- This takes time, but will build confidence and knowledge and methods to do the same for families/children

Lunch Break



A DAY IN THE LIFE OF A MENTAL HEALTH CONSULTANT

- Professional Development Tool for Infant/Early Childhood Mental Health Consultants

<https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>

MUTUALITY OF ENDEAVOR

- Everyone in the conversation has a voice in deciding the concern
- All involved in the conversation share their perspective
- All perspectives are heard and honored
- Together the participants determine the approach, and what next steps might be taken
- Discussion is held, all sides are considered

UNDERSTANDING ANOTHER'S SUBJECTIVE EXPERIENCE

- The consultant listens to what is said with a focus on understanding
- Keeps in mind the values and beliefs of the speaker
- Attempts to understand the cultural influence of all
- Looks for how the personal interactions and experiences of the staff influence their perceptions and relationships

CONSIDERING ALL LEVELS OF INFLUENCE

- The consultant thinks through all aspects that may influence a person with whom they connect
 - Their organization
 - Their peers or co-workers
 - Their funder obligations
 - Program requirements
 - Relationships

HEARING AND REPRESENTING ALL VOICES

- The consultant listens to all participants
- Keeps in mind each participants values, beliefs and attitudes
- Also remembers the personal experience of each participant and how that influences their perspective
- Helps surface the concepts that are presented by participants that may not be spoken
- Asks about the child's perspective
- Facilitates collaboration and cooperation

PATIENCE

- It takes more time to develop relationships and listen
- Sometimes it seems easier to just design a plan for someone and give it to them
- Our desire is to collaboratively uncover what is happening, and what might be helpful to move forward
- We can manage the process and the time it takes

WONDERING INSTEAD OF KNOWING

- Using wondering avoids the position of expert – we are thickening the story
- It is a way of going deeper into the concern and asking about potential options
- Encourages all perspectives
- Promotes understanding

HOLDING HOPE

- The consultant offers empathy and support to the people who seek their consultation
- Can be the mirror by which an infant/early childhood staff can see their strengths
- Offers a safe space in which to share your uncertainties and get a chance to explore those without judgement
- Allows for sharing of potential plans or ideas to support families before implementing, and receiving feedback on what might be uncertain

Early Childhood Mental Health Consultation Model

Rhonda

Early Childhood Trauma Informed Care

Rhonda

The role of the Family Support Professional

What does a family support home visit look like?

Iowa MIECHV's Evidence Based Models - voluntary

Home Visiting Effectiveness: <https://homvee.acf.hhs.gov/>

- Healthy Families America <https://www.healthyfamiliesamerica.org/>
- Early Head Start
<https://eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs>
- Nurse Family Partnership <https://www.nursefamilypartnership.org/>
- Parents as Teachers <https://parentsasteachers.org/>

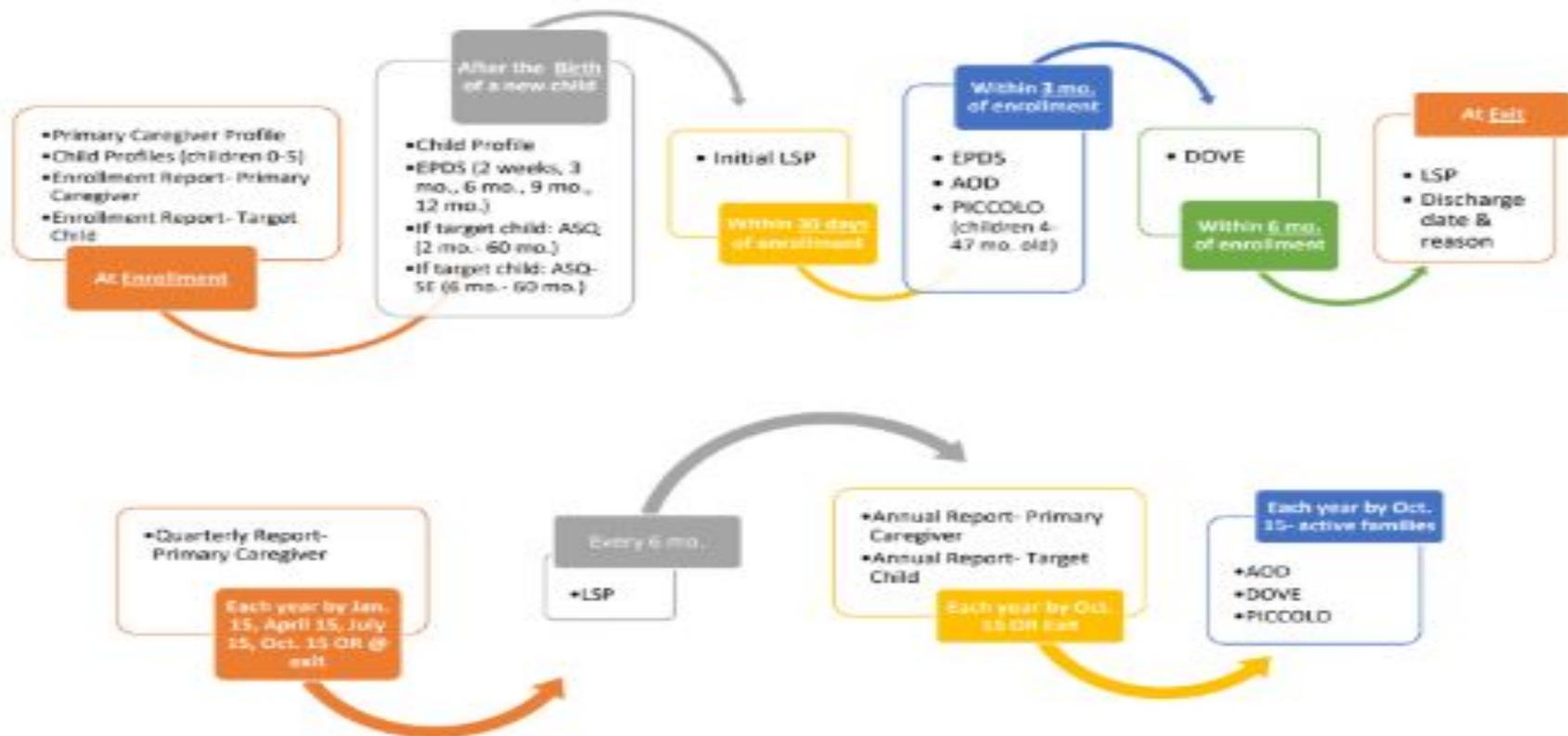
The Assessments - MIECHV, what they do and how often?

*ASQ-3, ASQ-SE, AOD, PICCOLO, LSP, EPDS, Relationship Assessment Tool

Iowa MIECHV Assessment Flow Chart

Effective Oct. 1, 2016

Updated 12.12.17



Break



**Take
A
Break**

What do you need to feel supported in this work?

Open dialogue...

Reflective Support Communities

Our Family Support Program Providers

Welcome & Introductions

Overview of today

How is it going for your MIECHV sites in regard to this work?

What more do you need?

What is next?

- Orientation for in home family support staff April 4, 2019
- Learning Communities
- Consistent Communication & Check In's
- Data collection

Questions & Answers

More open dialogue...

